

and adjacent organs. Most commonly it is found to occur in females of rather robust and plethoric habit, in whom full diet and want of exercise determine the secretory irritation in an organ already under a powerful healthy excitement, and relief is readily obtained by reduction of diet and other antiphlogistic measures. The disease occurring in debilitated constitutions, will of course require an opposite course of treatment.

Dr. Geil has appended to his dissertation several well-observed cases of this affection, occurring in the experience of Professor Naegele, who has also furnished him with a collection of references to high authorities who have witnessed and recorded such instances. We have not room to insert these, nor the interesting cases, (transcribed from the *Journal Général de Médecine*,) of uterine dropsy complicated with pregnancy.

The style of this dissertation is idiomatically pure, and neatly appropriate to the subject; showing that the author has been a familiar reader of classic Latin, and thence imbibed the correct taste and adaptness of expression in composition, which is alone to be obtained by study of the most excellent models.

J. D. G.

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XXVI. *Traité d'Hygiène Appliquée à l'Éducation de la Jeunesse.* Par le Dr. SIMON, (de Metz.) Paris. Rouen frères, 1829. pp. 444, octavo.

The circumstances which exert an influence upon the health of both infants and adults brought together, and subjected to similar agencies, have from time to time given origin to treatises, but we believe that there has not hitherto been one devoted specially to the hygiene of youth collected in places of instruction. It is this deficiency which Dr. Simon has endeavoured to supply, his observations being restricted to the term of life embraced between the seventh year and the age of adolescence. In practice at least, the moderns appear to have lost sight, for the most part, of the great importance of physical education, notwithstanding the primary consideration attached to it by the ancients. Every one, however, who attentively considers the intimate connexion subsisting between the moral and physical organization, must be sensible that a healthy condition of body adds to the capacities and energies of the mind, nevertheless there are many who have the superintendence of education, who are intent only upon cultivating the intellectual faculties, which we often find borne down by a multitude of studies pursued at the expense of the physical energies, a course frequently ending in the most melancholy results.

The object of the present treatise on hygiene is to point out the means of correcting these evils by the judicious application of such discipline as contributes to health and to vigour of constitution, and at the same time favours the active development of the intellectual faculties. The period of life to which the treatise of M. Simon principally refers, is that at which hereditary and other predispositions and vices can be most successfully combated, and the knowledge, therefore, of the proper means to be pursued at this period, is of extreme interest and importance. We may hereafter enter into a more particular consideration of the work; at present we shall restrict ourselves to enumerating the leading topics discussed by our author.

The work is divided into two parts. The first general division embraces, 1st, a consideration of the hygienic influences of the atmosphere; 2d, those influences which are adapted to weaken or favour the effects of atmospheric agents, as abode, dress, bathing; 3d, aliments and drinks; 4th, secretions and excretions; 5th, muscular movements or exercises, and the conditions of repose and sleep; 6th, sensations and the intellectual passions and functions; 7th, the means by which education exerts its influence, including habit, imitation, curiosity, emulation, rewards, encouragements, and punishments; 8th, the duties of the physician attached to institutions for education.

The second general division is devoted to the consideration of diseases most frequent in youth: 1st, those of the lymphatic system; 2d, those of the sanguineous system; 3d, those of the nervous system; 4th, affections of divers natures. Many other topics are treated at considerable length, and in general with much good sense.

The book is deserving the attention of those engaged in the education of youth, to whom it cannot fail to supply many valuable hints and much useful instruction; but the utility of the treatise, is not confined solely to those who have the charge of seminaries of learning; it embraces a full view of the physical education of youth, and may therefore be consulted by parents with advantage.

G. E.

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XXVII. *Precis Physiologique sur les Courbures de la Colonne Vertébrale, ou Exposé des Moyens de Prévenir et de Corriger les Difformités de la Taille, Particulièrement chez les Jeunes filles, sans le secours des lits Mécanique a Extension.* Par. C. LACHAISE, M. D. P. &c. &c. Avec six planches. Paris, Villeret & Co. 1827. pp. 200.

In Europe, as in this country, medical men are greatly divided in opinion as to the comparative merits of the two kinds of treatment of serpentine curvatures of the spine. While some depend almost exclusively on mechanical means, others denouncing them as highly detrimental, and altogether useless, resort as exclusively to measures corroborative of the general health of the body, and to exercises which strengthen either a part or the whole of the muscles of the spine and trunk. M. Lachaise, although disposed to favour the latter plan of treatment, occasionally adopts mechanical suspension. It cannot be doubted that he who avails himself of the resources of both parties, will soonest obtain, for his patients, that health, and beauty of figure, so desirable for those who are usually the subjects of lateral curvature.

M. Lachaise claims the merit of having, in a formal manner, stated the distinction between the two kinds of spinal curve. The first produced by an irregular action of the muscles; the second by an essential alteration of the parts which compose the vertebral column. The first class he divides into several species: the right cervico-dorsal curvature, the left cervico-dorsal, the lateral dorso-lumbar, the backward convex curve, and the hollow back, or anterior curve. Besides these he has also classified the cervical curves.

As his plan of treatment consists mainly in strengthening by varied exercises those muscles which, according to his views, yield to more potent antagonists, his subdivisions are useful for the direction of the treatment.